

How to Take Care of Someone With Seasonal or Pandemic Flu

- ❑ **Most people who are ill will need to be cared for at home.**
- ❑ **Vaccines or other medications may not be available.**
- ❑ **Care will consist of keeping the person as comfortable as possible.**

- ✓ Make sure the person drinks lots of fluids.
- ✓ Make sure the person gets plenty of rest.
- ✓ Use ibuprofen or acetaminophen for fever, sore throat and muscle aches, the person does not have allergies to these medications.
- ✓ Do not use aspirin in children (aspirin can cause Reye's syndrome in young children, a life - threatening illness).
- ✓ Sponge with tepid (wrist-temperature) water – fever will be lowered during sponging.
- ✓ Do not sponge with alcohol.
- ✓ Keep tissues and a trash bag within reach of the patient.
- ✓ Make sure all members of the household wash their hands frequently.
- ✓ Keep other family members and visitors away from the patient.



If the ill person is having difficulty breathing or if symptoms are getting worse, contact a health care provider right away.